



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 01115, Whey, sweet, dried

Report Date: July 09, 2017 11:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g	1 tbsp 7.5g
<strong>Proximates</strong>						
Water	g	3.19	151	0.089	4.63	0.24
Energy	kcal	353	--	--	512	26
Energy	kJ	1476	--	--	2140	111
Protein	g	12.93	165	0.087	18.75	0.97
Total lipid (fat)	g	1.07	148	0.033	1.55	0.08
Ash	g	8.35	147	0.061	12.11	0.63
Carbohydrate, by difference	g	74.46	--	--	107.97	5.58
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	74.46	--	--	107.97	5.58
<strong>Minerals</strong>						
Calcium, Ca	mg	796	66	31.447	1154	60
Iron, Fe	mg	0.88	41	0.033	1.28	0.07
Magnesium, Mg	mg	176	41	5.179	255	13
Phosphorus, P	mg	932	65	39.872	1351	70
Potassium, K	mg	2080	60	50.040	3016	156
Sodium, Na	mg	1079	62	67.132	1565	81
Zinc, Zn	mg	1.97	43	0.156	2.86	0.15
Copper, Cu	mg	0.070	--	--	0.102	0.005
Manganese, Mn	mg	0.009	--	--	0.013	0.001
Selenium, Se	µg	27.2	--	--	39.4	2.0
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	1.5	41	0.335	2.2	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g	1 tbsp 7.5g
Thiamin	mg	0.519	44	0.014	0.753	0.039
Riboflavin	mg	2.208	44	0.061	3.202	0.166
Niacin	mg	1.258	43	0.051	1.824	0.094
Pantothenic acid	mg	5.620	--	--	8.149	0.421
Vitamin B-6	mg	0.584	41	0.016	0.847	0.044
Folate, total	µg	12	40	0.944	17	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	12	40	0.944	17	1
Folate, DFE	µg	12	--	--	17	1
Choline, total	mg	225.0	--	--	326.2	16.9
Vitamin B-12	µg	2.37	48	0.097	3.44	0.18
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	8	--	--	12	1
Retinol	µg	8	--	--	12	1
Carotene, beta	µg	2	--	--	3	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	30	--	--	44	2
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.03	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.684	--	--	0.992	0.051
4:0	g	0.059	4	0.006	0.086	0.004
6:0	g	0.009	4	0.001	0.013	0.001
8:0	g	0.010	4	0.001	0.014	0.001
10:0	g	0.018	4	0.001	0.026	0.001
12:0	g	0.012	4	0.001	0.017	0.001
14:0	g	0.104	4	0.005	0.151	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g	1 tbsp 7.5g
16:0	g	0.326	4	0.016	0.473	0.024
18:0	g	0.097	4	0.006	0.141	0.007
Fatty acids, total monounsaturated	g	0.297	--	--	0.431	0.022
16:1 undifferentiated	g	0.033	4	0.003	0.048	0.002
18:1 undifferentiated	g	0.251	4	0.010	0.364	0.019
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.034	--	--	0.049	0.003
18:2 undifferentiated	g	0.025	4	0.003	0.036	0.002
18:3 undifferentiated	g	0.009	4	0.002	0.013	0.001
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	6	--	--	9	0
<b>Amino Acids</b>						
Tryptophan	g	0.205	--	--	0.297	0.015
Threonine	g	0.817	--	--	1.185	0.061
Isoleucine	g	0.719	--	--	1.043	0.054
Leucine	g	1.186	--	--	1.720	0.089
Lysine	g	1.030	--	--	1.494	0.077
Methionine	g	0.241	--	--	0.349	0.018
Cystine	g	0.253	--	--	0.367	0.019
Phenylalanine	g	0.407	--	--	0.590	0.031
Tyrosine	g	0.363	--	--	0.526	0.027
Valine	g	0.697	--	--	1.011	0.052
Arginine	g	0.375	--	--	0.544	0.028
Histidine	g	0.237	--	--	0.344	0.018
Alanine	g	0.598	--	--	0.867	0.045
Aspartic acid	g	1.269	--	--	1.840	0.095
Glutamic acid	g	2.248	--	--	3.260	0.169
Glycine	g	0.280	--	--	0.406	0.021

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 145g	1 tbsp 7.5g
Proline	g	0.786	--	--	1.140	0.059
Serine	g	0.622	--	--	0.902	0.047
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0